

# COUNSELING & STUDENT AFFAIRS (CNS)

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## **CNS 110 Human Relations 3 Hours**

Theory, concepts and skills necessary to increase self-awareness and improve relationships in social and academic settings. Processes of managing the problems of everyday life including conflict and social demands. **Colonnade/Statewide General Education Code E-SB | SB**  
*Recent Term(s) Offered: spring 2022; fall 2022; spring 2023; fall 2023; spring 2024; fall 2024*

## **CNS 269 Special Topics in Counseling / Guidance 1-3 Hours** (repeatable max of 3 hrs)

Selected topics of significance in counseling and helping relationships. Classroom activities and assignments are variable with credit.  
*Recent Term(s) Offered: None*

## **CNS 432 Helping Skills 3 Hours**

Overview of helping in counseling and human relations, investigates the person and role of the helper, development of helping skills appropriate for lay helpers, and approaches to crisis intervention.

**Restriction(s):** Students with a semester level of Freshman or Sophomore may **not** enroll.

*Recent Term(s) Offered: spring 2022; fall 2022; spring 2023; fall 2023; spring 2024; fall 2024*